

OTTAWA

metro



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FAST-FOOD FAVOURITE CAN BE MADE AT HOME TO CUT DOWN ON CALORIES

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Cosby's Ontario shows will go on

Three cities will see comedian perform despite sexual assault allegations

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Shootings not due to lack of funds: Chairman

More police not the answer, says OPS board chairman

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Jacqueline Burke walks through the freezing rain along Metcalfe Street Sunday. TREVOR GREENWAY/METRO

Now's the time to bundle up, Ottawa

Brrr. Ottawa to see -31 C this week; public health issues frostbite advisory



TREVOR GREENWAY

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If you haven't realized it's full-blown winter yet, you will by mid-week when temperatures dip to a chilling -31 C, the coldest day so far this season.

Meteorologists are warning residents to bundle up this week, as a cold system is mak-

ing its way from the Arctic and it's bringing with it piercing temperatures that will remind us what it means to be Canadian.

"What's coming up Wednesday is another reinforcement cold front, that comes through sometime during the day," said Environment Canada Meteorologist Rob Kuhn.

"Thursday morning we have got a low of -31 forecast. It will be a clear, cold calm type of a morning and the high is only about -18 C, so that is basically unmodified arctic air delivered fresh."

Thursday is expected to be the coldest day of the week before heating all the way up to -25 C on the weekend, but the entire week will be filled with bitter cold that may make you crave hot soup and chili.

After a day of treacherous freezing rain Sunday that caused multiple collisions and made it hard for almost anyone to get around by car or on foot, Ottawa temperatures will dip considerably with temperatures hovering around -15 C Monday and Tuesday. Kuhn said typical January temperatures are about -6 C as a high

and lows around -16 C. This week will be considerably colder than normal and it won't return to normal until at least the following week, according to weather radar, said Kuhn. He added that an "extreme cold warning" is possible this week if the temperature or wind chill hits -35 C.

"It's certainly going to be close and it's probably going to be the wind chill that does it," said Kuhn, adding that people should take extra caution if it dips that low.

"No teenagers with no hats on and wide-open coats. Ex-

posed skin, if you are out on the move, can freeze in less than 10 minutes, so you dress in layers and dress appropriately. It's common sense."

Ottawa resident Jacqueline Burke was bundled up Sunday as she slogged her way through mini mountains of snow banks and tried to stay upright when crossing the many patches of ice plaguing city sidewalks.

"Throw a tuque and mitts on and have sturdy boots," she said, looking down at her knee-high leather winter boots.

"We're Canadian — we can take it and it's fine."

Seven-year-old crash survivor leads police to wreckage

After walking away from small plane crash, girl may help investigation into what caused accident

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Time to get real about your net worth

If you couldn't figure out how to make your money work in 2014, Gail Vaz-Oxlade says it's time to tally up what you own and what you owe

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Watson's plan for 2015

Metro sat down with Mayor Jim Watson to discuss what Ottawans can expect this year

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The one where Joey does that thing ...

As Friends hits Netflix, Metro picks the best episode of each season

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Don't pin shootings on police hiring freeze: Board chairman

49 incidents last year.
El-Chantir says lack of police resources not to blame for record shootings in 2014



JOE LOFARO

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Ending a five-year hiring freeze to add more members to the Ottawa Police Service after a record number of shootings in 2014 is "very

simplistic" remedy and one that the chairman of the Ottawa Police Services Board does not support.

Eli El-Chantir's comments in an interview with Metro Sunday fly in the face of Ottawa Police Association president Matt Skof's assertion that a lack of police resources is to blame for the 49 shootings that marked a tense year for residents.

"When you're seeing this amount of shootings and we're talking about deployment of officers to tackle the problem, how can you do that

when you don't have enough resources in the first place?" Skof told CBC News.

But El-Chantir disagrees and said policing is not the only issue at play.

A redeployment of officers in the force last week means the guns and gangs unit has doubled in size, according to El-Chantir, who commanded police for acting swiftly as they responded to the Boxing Day shooting at the Tanger mall in Kanata.

"There's available guns on our streets and we heard time and time again (they're) com-

ing across the border from Cornwall or other areas. The border has to invest in more personnel to make sure those guns don't get across the city and country so freely," El-Chantir said. "Obviously, there's a market for what these gangs are fighting for in our city and we need to go to the root cause of this."

Last month, police Chief Charles Bordeleau scrapped a plan to hire 15 officers and eight civilian members this year in order to save money. Bordeleau is also currently in the middle of the Service In-

itiative program, which will uncover possible cost recovery opportunities within the force.

El-Chantir said he will meet Bordeleau Monday to discuss next steps and what can be done about gang-related shootings.

"If he walks into the board meeting and said, 'I need more resources — what you gave is not good enough to focus on that area,' then it's my job to provide the resources that are needed," said El-Chantir. "But, he hasn't said that."



Brrrrr-ace yourselves

A brave group of daredevils launch themselves into the frigid waters of the Ottawa River during the Jan. 1 Sears Great Canadian Chill event at Britannia Beach. Event spokeswoman Samantha Piercell said 300 people participated in the icy dip and the temperature was -4 C, but heavy 40 km/h winds made it feel like -18 C. Donations are still rolling in to the fundraiser for research into childhood cancers, but Piercell said the total raised this year is nearing \$50,000. The five-year-old event has so far raised about \$250,000.

CONTRIBUTED/JOHN RATHWELL
PHOTOGRAPHY

Merivale Road

Police investigate stabbing at bar

Police are investigating a stabbing that happened at approximately 2 a.m. Sunday in the 800 block of Merivale Road.

Staff Sgt. Patrick McCaffery said a man believed to be in his 50s suffered stab wounds and was sent to hospital with non-life-threatening injuries following a fight with another man. Media reports say the fight happened at the Amigo's Sports Bar on Merivale Road.

Police have not made an arrest and are questioning witnesses. **JOE LOFARO/METRO**

Kanata Leisure Centre

Man accused of indecent act at recreation centre

A man allegedly caught masturbating near a young boy Saturday in a recreation centre change room is facing three charges.

Police say shortly after 3 p.m. they were called to the Kanata Leisure Centre at 70 Aird Pl. Police say the man fled the building after city staff initiated a "lockdown" of the facility.

There were no physical injuries.

Brent Dagenais, 34, of Ottawa was arrested a short distance away by

responding police officers.

He was released from court Sunday after a bail hearing.

Anyone with information about the incident is asked to contact the Ottawa Police Service Sexual Assault/Child Abuse Section at 613-236-1222 ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS).

Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS), toll-free at 1-800-222-8477 or downloading the Ottawa Police iOS app.

METRO



For more local news visit metronews.ca

Ottawa River

Canoeists ring in the new year stranded in river

Firefighters rescued four people who were stranded in a canoe in the Ottawa River behind the Supreme Court building in the early morning hours of New Year's Day.

Ottawa Fire Services received a 911 call at 12:37 a.m. Thursday and began an extensive rescue operation.

Paramedics assessed the canoeists, but there was no indication of any injuries.

JOE LOFARO/METRO

Near Vanier

Three arrested in NYE drug bust

Ottawa police seized a replica handgun and a large quantity of illicit drugs during a traffic stop near Vanier on New Year's Eve.

After responding to a parking lot in the 500 block of Donald Street, police said they seized various amounts of MDMA, methamphetamine, cocaine, marijuana and mushrooms with a combined street value of about \$5,000.

D'Artagnan Bean, 20, Francois Nickerson, 19, and Rebecca Simpkins, 18, face several drug-related charges. **JOE LOFARO/METRO**

2015 about maintaining city's momentum: Mayor

Interview. Voters gave Jim Watson a strong mandate, but now he has to deliver on his promises

 **TREVOR GREENWAY**
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The year 2014 was "a year of progress" for Mayor Jim Watson, as the city saw such projects as Lansdowne and the Armstrong Bridge get completed, and the first phase of LRT get underway.

With a strong mandate of over 76 per cent of the vote in October's municipal election, Watson is excited to get 2015 going with projects like Phase 2 of LRT and the Arts Court redevelopment on the horizon.

Metro chatted with the mayor on Dec. 23 to get a sense of what Ottawans can expect in the new year. This is Part 1 of our two-part interview. Answers have been edited for length.

What does the start of a new year mean for a mayor?

It has double meaning this time, because it's also the start of a new council and a new term of office. It's a time to reflect on the past, but look forward to the future, as well.... We just want to continue the momentum of what we have accomplished.

How confident are you that federal funding (\$975 million) will come in for Phase 2 of LRT? Is there a Plan B?

The federal government was there as a partner in Phase 1. Our funding from the city is lined up, the province is on board and we are just waiting for the feds.

In fairness, we haven't put in the formal application; that will go in later in 2015. For us to start thinking about Plan B would be to admit defeat. When we have two-thirds of the partners on board, we are going to press all federal MPs to stand up for Ottawa's fair share of funding.

The Ottawa police recently scrapped a plan to hire 23 new officers in 2015, but with Ottawa shootings on the rise, do you think streets need more cops on the ground?

The reality is that the police are working extremely well in reducing the overall crime rate. Every branch within the family of services in Ottawa has to live within a budget and the chief has assured us that we will continue to have one of the safest cities in the country.

Do you think Ottawans generally feel safe in the city?

I think it depends, really, on the neighbourhood. I think there are some neighbourhoods that are feeling under siege, where you



Mayor Jim Watson swears the oath of office during an inauguration ceremony at Ben Franklin Place on Dec. 1. **TREVOR GREENWAY/METRO**

see some of the shootings: Michelle Heights, Caldwell and some of the areas in the west end.

But we have seen success in areas in the south end where there was a serious guns-and-gangs problem in the Debra Dines area and that has really turned

around.

I think we have to take a holistic approach — it's the police, it's the community partners, social-service agencies, the justice system.

Ottawa has seen its share of world-class events like the Juno Awards, an NHL

all-star game and the upcoming FIFA Women's World Cup. What other premier events do you want to bring to the capital?

We have been pushing a lot of events into 2017 because that is the big year for Canada's 150th birthday.

Ideally in 2017 we would like to have the Grey Cup, the NHL outdoor classic and the Juno Awards. That would be our version of a 2017 hat trick.

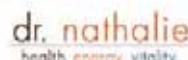
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Tracking what's so funny about Canadian humour

Stephen Leacock Medal for Humour.

Ottawa writer surveys award-winners to find out what makes their books work



SEAN
MCKIBBON

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There's a not-so-funny thing about the winners of Canada's most prestigious humour writing award: A lot of the books given the Leacock Medal are out of print.

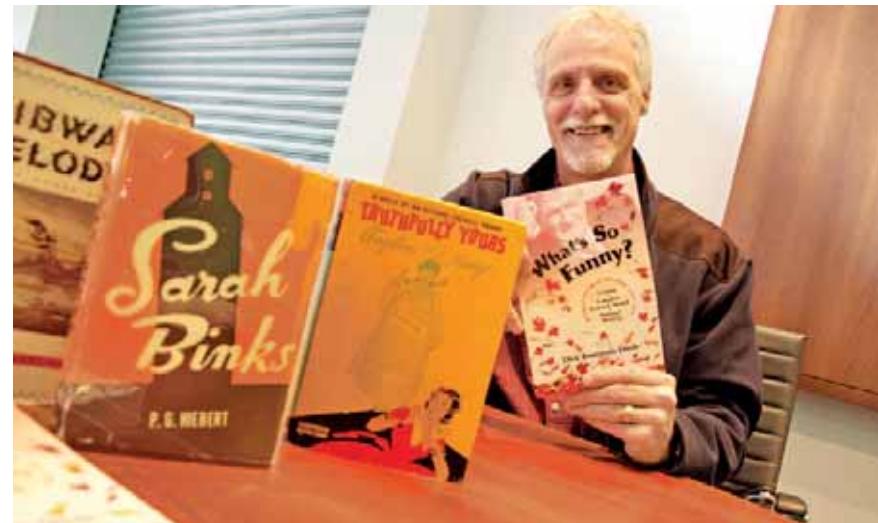
"You'd think they'd be easy to find, but there's a significant subset (that are out of print)," says Dick Bourgeois-Doyle, an Ottawa writer and author of the new book *What's So Funny?*

It's a collection of essays and lessons about each of the winners of the Stephen Leacock Medal for Humour.

Bourgeois-Doyle, who started the project 2 1/2 years ago as a project to improve his writing, said it was a bit of a project in and of itself tracking down copies of some of the older books.

First awarded in 1947, the Leacock medal commemorates one of Canada's most celebrated humour writers. Bourgeois-Doyle says he started out just trying to study the techniques of Canada's best humorists and satirists and originally thought he would just self publish, but as he worked on it, other authors started to encourage him to write about his research.

"The package is ostensibly



Author Dick Bourgeois-Doyle shows off some copies of Leacock Medal-winning books, as well as his own new book *Surveying the winners and finding out what makes them work*. SEAN MCKIBBON/METRO

lessons in humour writing, but it's written from a personal point of view," says Doyle.

While delving into what makes something funny can be among the least funny things to read, Bourgeois-Doyle (who toils as a public servant by day) makes things lighthearted, offering up cartoons of the authors and their books, poking fun at the fact there was no medal given out in 1959, and recalling funny moments in the careers of the writers — such as Pierre Burton giving a tutorial on rolling a joint on CBC's *Rick Mercer Report*.

From his initial experience interviewing Tom Symons, the founder of Trent University and the son of the first medal winner Harry Symons, to writing about three-time winner Stuart McLean and his

Exercises

Here are some humour writing exercises from Bourgeois-Doyle to try on your own:

- Write an author for a publisher's website in a way that shows you did it begrudgingly and with contempt.
- Describe the personality of your hometown as though it were a man or woman

own mentor, medal winner Dan Needles, Bourgeois-Doyle sums up the works, contextualizes them and inserts his own take on what's going on that makes the humour work.

Bourgeois-Doyle's book is available in stores now and online and he'll be holding a book launch event at the Ot-

tawa Comedy Night for Parkinson's at Tudor Hall on Jan. 24. Performing at the event will be comics Alex Nussbaum and Robert Pue.

Proceeds from ticket sales and sales of Bourgeois-Doyle's book will go to benefit the Parkinson Society of Eastern Ontario.

curring in the early evening hours of New Year's Eve in the Pinecrest area.

Five days prior to that, a gunman shot and injured another man outside the Tanger Outlet mall in Kanata on Boxing Day while passersby shopped nearby. Police later arrested the alleged shooter, 26-year-old Yaqoub Ali.

There were 30 shootings in 2013 and 34 in 2012, according to police.

Most of the shootings in 2014 were reported in the city's west end, including the Michelle Heights and Pinecrest neighbourhoods.

JOE LOFARO/METRO

Local news you missed while sipping eggnog

As you might have noticed, Metro stopped publishing over the holidays (except for Boxing Day), so here is a recap of some local news you might have missed over the break.

Plasco misses New Year's Eve deadline

Experimental garbage disposal firm Plasco missed the latest deadline to secure financing to build a new facility that would turn residential waste into electricity.

According to a memo from city manager Kent Kirkpatrick, the city now has the option to terminate its contract with the waste-to-energy company after

missing the deadline on Dec. 31, 2014. This was the third time the company failed to meet the financing deadline after being given an extension.

Kirkpatrick added that a report will be tabled at the Feb. 17 environment committee meeting, which will include results from the Results of Expressions of Interest that council asked staff to compile in case the Dec. 31, 2014, deadline was not met.

Tragedy for Mayor Watson

Mayor Jim Watson's mother, Frances Watson, passed away on Dec. 28 at age 84 after suffering from Alzheimer's

disease. She had been living with her husband in a long-term care facility in the Glebe.

Dozens of community members offered their condolences to the mayor and his family at a memorial service on Dec. 30 at Hulse, Playfair, and McGarry funeral home, including MPPs Yasir Naqvi and Bob Chiarelli, former Ontario Liberal leader Dalton McGuinty, Coun. Jan Harder, and NAC president and CEO Peter Herrndorf.

Record number of shootings

Ottawa capped the year with a record number of shootings with the 49th oc-

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Bill Cosby's Ontario shows set to go ahead despite controversy

Sex abuse allegations. Comedian is scheduled to perform in Kitchener, London and Hamilton on Jan. 7, 8 and 9

Maureen Dragasevich still has fond memories of gathering with her family to listen to Bill Cosby's jokes as a kid. When she heard the comedian would be performing in Ontario, she and her siblings bought tickets to a show as a birthday present for their father, all in an attempt to relive what was once a family tradition.

But after a flood of sexual abuse allegations against Cosby in recent weeks, Dragasevich and her family have decided not to attend the performance, joining a growing number who are speaking out against his three scheduled appearances in Canada.

"Given the fact that he's played Mr. Jell-O Pudding and Dr. Huxtable, I think we kind of find it harder to believe," said the 59-year-old Aurora, Ont., resident.

"But we hold him accountable for his behaviour and his

behaviour is disgusting."

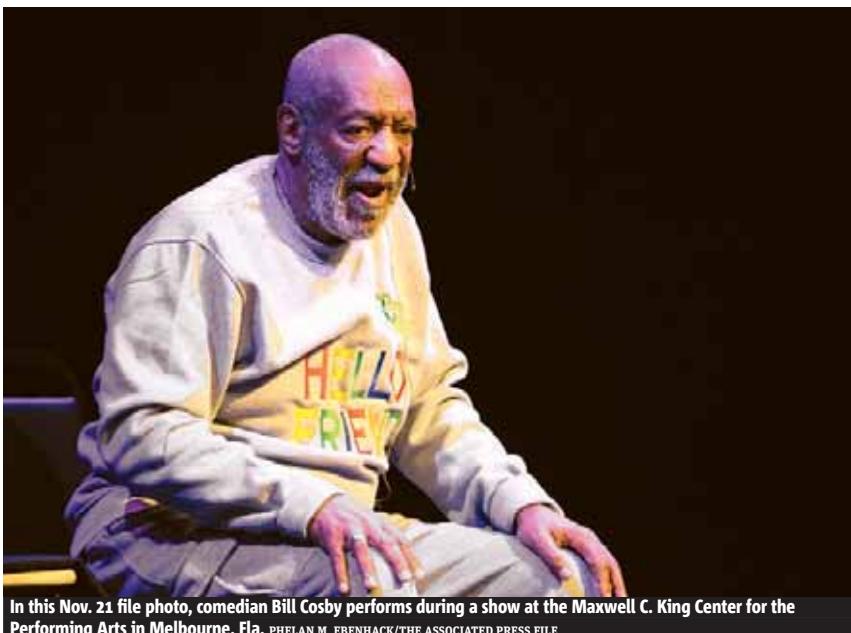
Cosby, who is in the midst of a standup concert tour, has had to deal with the cancellation or postponement of at least 10 of his shows as the scandal continues to swirl, but his appearances in three Ontario cities seem set to go ahead, despite local opposition.

Cosby is set to perform in Kitchener on Jan. 7, London on Jan. 8 and Hamilton on Jan. 9.

The Ontario venues hosting Cosby have said his shows are being handled entirely by an external agent, which has indicated the events are still going ahead. The Ontario venues have also emphasized their contractual obligations to allow the shows to continue.

One venue — Kitchener's Centre In The Square, where the first show is set to take place — addressed residents' anger directly.

"While we may personally share concerns raised by the community, if The Centre forces a cancellation of this rental show it isn't simply a situation of giving back the rent," it said in a blog post, noting that it would also need to pay any "guarantee fee" to Cosby, compensate the promoter



In this Nov. 21 file photo, comedian Bill Cosby performs during a show at the Maxwell C. King Center for the Performing Arts in Melbourne, Fla. PHELAN M. EBENHACK/THE ASSOCIATED PRESS FILE

for box office losses and show expenses, and refund patrons.

After noting the venue's stance, a handful of Kitchener residents came up with a way to demonstrate their opposition by holding an alternative

event, which will run at the same time as Cosby's show, with proceeds going to two women's crisis support centres in the region.

"Too often we fail survivors of sexual assault, we shame

them, we blame them, we doubt their experiences and so it's in moments like this that we have an opportunity to stand in support of survivors in our community," said Sara Caselman, a spokeswoman for the

Allegations of abuse

Cosby's image has been pummelled in recent weeks by a flurry of allegations that he drugged women and sexually assaulted them, with some accusations dating back to the 1970s.

- He has never been criminally charged in connection with the accusations, and his lawyer has denied many of them. Cosby also settled a lawsuit in 2005 with a Pennsylvania woman who said he drugged and fondled her.

Sexual Assault Support Centre of Waterloo Region, which will be benefiting from the event.

The event — called Voices Carry — was triggered by a local broadcaster musing on Twitter about whether an alternative fundraiser could be pulled together. Those who have purchased tickets to Cosby's show can gain free admission.

Cosby's representatives did not respond to a request for comment.

THE CANADIAN PRESS

Dalhousie profs file complaint against dentistry students

A Dalhousie University faculty member, who has filed a complaint with three other professors over male students who allegedly posted sexually hateful messages online about women, says she was acting on behalf of other students who feel more needs to be done.

Francoise Baylis of the university's medical school said Sunday that the professors filed a formal complaint under the students' code of conduct to Anne Forrestall, the school's acting vice-president of student affairs, on Dec.

21 and hand-delivered a print copy the following day.

She says the complaint asks that the dentistry students involved in the Facebook group where misogynistic comments were allegedly posted be suspended on an interim basis prior to the return of classes on Monday.

Baylis said the professors have heard from students who are not satisfied with the current informal restorative justice process.

"We are deeply committed to creating a situation whereby no individual stu-

dent would have to put themselves at risk if they wanted to bring forward a complaint," she said in a phone interview on Sunday.

"As people at the university with a faculty appointment, it seemed like a reasonable thing for us to do, to make sure no student would themselves have to feel obliged to make that complaint ... and no student thereafter would bear any negative consequences for having attempted to bring forward a formal complaint."

The three other professors

who signed the complaint are Jocelyn Downie of Law and Medicine, Brian Noble of the faculty of Arts and Sciences, and Jacqueline Warwick of the faculty of Arts and Sciences, Gender and Women's studies.

Baylis said the effects of the hateful messages extend beyond those directly involved in the school of dentistry.

She says the professors are concerned because the complaint has not been addressed by administration. She says the group initially wanted to keep their names confiden-

In detail

University president Richard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted. The page has since been taken down.

- According to the CBC, members of the Class of DDS Gentlemen page on

tial, but decided to go public because of the delays in pro-

cessing the complaint.

THE CANADIAN PRESS

Barrie, Ont.

Rental car seized in drug bust after collision

A central Ontario man is going to have a tough time explaining this one to the car rental agency.

Police say the 36-year-old

Barrie, Ont., man was involved in a minor collision on Saturday.

Barrie police say that when officers arrived it's alleged they found crack cocaine and a pipe.

The driver was charged with possession of a narcotic and impaired driving and police say the rental vehicle he was driving was

confiscated and will be held for 45 days.

And investigators say the accused man's girlfriend became upset over his arrest and allegedly opened the police cruiser door in an attempt to free her boyfriend.

The 31-year-old woman is facing a charge of obstructing police.

THE CANADIAN PRESS

Mont Ste. Marie, Que.

Skiers rescued after being stranded on broken chairlift

Dozens of skiers and snowboarders had to be rescued after being trapped on a broken chairlift at a ski resort near Ottawa on Saturday.

Bob Sudermann, co-owner of the Mont Ste. Marie resort in Lac-Sainte-Marie, Que., says the chairlift had mechanical issues and was shut down around noon.

Sudermann says all 80 riders were rescued from the lift shortly before 4 p.m. by resort staff and members of the Canadian Ski Patrol.

With cold temperatures

in the forecast, management was concerned about the health of the stranded riders and worked quickly to get them back on the ground.

It was -12 C on Mount St. Mary's on Saturday and with the wind chill, it felt more like -21 C. The ski centre was expected to be open again on Sunday morning.

THE CANADIAN PRESS

Canadian car recalls hit new high in 2014

Safety concerns. More than eight million vehicles affected, for issues ranging from ignition switch woes to unsafe airbags

Canadian auto recalls hit an all-

time high last year, with more than eight million vehicles affected as several high-profile problems with faulty airbags and ignition switches brought safety issues to the forefront.

Automakers issued nearly 600 recall notices on Canadian vehicles in 2014, according to data from Transport Canada.

The previous record for the highest number was set in

2010, when automakers issued 468 recall notices affecting 1.5 million products, including vehicles, car seats and tires. But the total number of vehicles affected was higher in 2013, when manufacturers recalled two million products, despite the total recall notices being lower at 466, according to a Canadian Press analysis.

Industry observers say auto-

makers are issuing recalls en masse in an attempt to prevent future problems, after defective ignition switches led to numerous crashes, at least 58 injuries and 42 deaths. GM recalled 2.6 million vehicles worldwide due to the problem, including roughly 368,000 in Canada, but faced criticism for waiting 11 years to do so. The company is now facing several lawsuits.

"GM was in a pickle and nobody else wanted to be the new GM," said George Iny, president of the Automobile Protection Association.

"So they started to do some housecleaning. And people with skeletons in the closet and bodies in the basement have been pulling them out."

Among last year's high-profile recalls were 700,000

Honda Canada vehicles, over potentially exploding airbags produced by Japanese parts maker Takata Corp. Roughly 14 million vehicles made by 10 different automakers have been recalled worldwide as a result.

At least five people have died in accidents involving the airbags, which can explode with too much force.

THE CANADIAN PRESS



Detroit workers build an unconventional home

An unconventional home takes shape inside General Motors' Detroit-Hamtramck Assembly plant in Detroit, intended to be part of a movement to rebuild the city's economy and deteriorating, disappearing housing stock. Skilled-trades workers from the Chevrolet Volt factory are doing all the framing, electrical and plumbing work. The 40-foot-long former container will feature 320 square feet of living space, with two bedrooms, a bathroom and a kitchen, and will serve as home base for university-student caretakers of a neighbourhood farm and agricultural research activities. CARLOS OSORIO/THE ASSOCIATED PRESS

The 'Year in Book' club

Facebook CEO to read a new book every other week

Mark Zuckerberg announced on his Facebook page recently that he will read a book every other week in 2015, with an emphasis on learning about different beliefs and cultures.

The Facebook founder and CEO urged his friends to join him in the project.

As of Sunday, his "Year in Book" page had more than 89,000 likes. The first book in his program, Moises Naim's *The End of Power*, was out of stock Sunday on Amazon.com and had a sales ranking of No. 203. The book was first published in 2013.

Oprah Winfrey remains the gold standard for choosing books, though clubs have been started by *Good Morning America* and the *Today* show, among others.

THE ASSOCIATED PRESS

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NYPD officers turn backs during mayor's eulogy at officer's funeral

A lone police officer stands front as other colleagues turn their backs while Mayor Bill de Blasio speaks during the funeral of New York Police Department Officer Wenjian Liu at Aievoli Funeral Home, Sunday, in the Brooklyn borough of New York. Liu and his partner, officer Rafael Ramos, were killed Dec. 20 as they sat in their patrol car on a Brooklyn street. The shooter, Ismaaiyl Brinsley, later killed himself. The show of disrespect toward Mayor de Blasio came outside the funeral home, and added to tensions between the mayor and rank-and-file police even as he sought to quiet them.

JOHN MINCHILLO/THE ASSOCIATED PRESS

7-year-old survivor may aid crash probe

'One remarkable young lady.' Sailor Gutzler treated at Kentucky hospital and released to relative

Sailor Gutzler, a seven-year-old girl who survived a plane crash in western Kentucky, walked a mile through the cold, dark woods to safety and then helped authorities locate the wreckage and remains of her family, may not be done helping investigators.

National Transportation Safety Board investigator Heidi Moats said Sunday that Sailor is "one remarkable young lady," and she might be able to assist them with determining what brought the plane down. It is rare for someone to survive a small plane crash and Moats said they want to talk to Sailor about it.

It's not clear when investigators might talk to Sailor, who despite being bloodied

and suffering a broken wrist, pulled herself from the wreckage and walked to the nearest home.

She was dressed for Florida, where her family had been visiting, and was wearing shorts, a short-sleeve shirt and only one sock when she found a home about a mile from the crash site. Authorities said she walked through thick woods and briar patches in near-freezing temperatures.

"She absolutely went to the nearest house that she could have," Kentucky State Police Lt. Brent White said. "But it was still a considerable feat for her to do that."

The remains of the Piper PA-34 plane were moved Sunday to a location so officials with the NTSB can inspect it. They haven't discussed any possibilities of what brought the plane down or how Sailor survived the crash.

The agency will issue a preliminary report in about 10 days, Moats said at a news conference in Eddyville, Ky.

Sailor was treated at a hospital and released to a relative Saturday.

Sailor walked to the home of 71-year-old Larry Wilkins, who answered her knock at the door and called police. Wilkins said the girl was crying and covered in blood.

"She told me that her mom and dad were dead, and she had been in a plane crash, and the plane was upside down," Wilkins said.

Sailor was alert and able to point emergency workers looking for the plane in the right direction, Lyon County Judge executive Wade White, who arrived at the crash site.

The Friday night crash killed Sailor's parents, Marty Gutzler, 48; and his wife, Kimberly Gutzler, 46; Sailor's sister, Piper Gutzler, 9; and a cousin, Sierra Wilder, 14. All were from Nashville, Illinois.

White said the father's body was "the last one they pulled out because of how deep he was buried."

THE ASSOCIATED PRESS

Underage sex claims

Buckingham Palace defends Prince Andrew

Buckingham Palace on Sunday stepped up efforts to defend Prince Andrew after the British royal was embroiled in claims of sexual impropriety with an underage woman. In a second statement since the claims surfaced, officials "emphatically denied" allegations by an unidentified woman who said she was forced to have sex with the royal when she was under the age of 18.

THE ASSOCIATED PRESS

Bad weather

Divers wait to look for wreckage

Around 100 relatives of AirAsia Flight 8501 crash victims sought strength Sunday, one week after the disaster, while bad weather again prevented searchers from reaching a large object on the ocean floor that is believed to be the fuselage.

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VOICES

MUCH ADO ABOUT MANSPREADING

This gendered portmanteau is a terrible word — but is the transit crime it describes really so bad?



STEVE
COLLINS
ottawa@metronews.ca

We have been informed of the latest dire threat to social cohesion on public transportation, and its (unspokenably awful) name is manspreading.

Concocted to name and shame the overly relaxed, spread-legged posture of some male transit passengers, this is a wretched, sweaty word, another grotesque gendered portmanteau in the regrettably vein of "mansplain" and the fading, unlamented "bromance."

The word targets a potentially inconsiderate and space-hogging behaviour but also an identifiable group (males are admittedly pretty much the only guilty parties) and as such seems precision-crafted to touch off more toxic gender politicking than productive discussion.

Manspreading (it pains me to type it), after a

percolation through social media, got a mainstream airing last month in the New York Times in a story on the latest campaign by the city's Metropolitan Transit Authority to discourage socially clueless behaviour by riders.

The MTA poster on this particular faux-pas mercifully avoids that word but still makes very clear its Y-chromosome target, advising riders, "Dude ... Stop the Spread, please. It's a space issue."

And it is. But for some, the personal space is political.

A Tumblr account, grad-schoolishly entitled Men Taking Up Too Much Space On The Train: A Classic Among Public Assertions of Privilege, which documents infractions of this sort, appears to deem every thoughtlessly placed male kneecap a patella of the patriarchy. Sometimes a femur is just a femur.

And for every overreaction, there is an equal

but opposite counter-overreaction. Normally, etiquette suggestions from the transit service of a city where you don't live can be comfortably ignored. But this one touched a nerve north of the border, as a men's rights group, the Canadian Association For Equality (CAFE), rode to my embattled sex's rescue with an online petition against any-a-brogation of their right to stretch.

"It sometimes can be physically painful for (us) to close our legs, and we can't be expected to do so," their petition bafflingly mansplains. Um, thanks anyway, guys.

In between these polarized camps is a vast majority of people just trying to get where they're going, preferably while interacting as little as possible, like a long, horizontal elevator ride.

While the competition for space on New York's transit system is stiff, with up to 6.1 million daily riders (up a million from 10 years ago),

our own buses are unburdened by excessive popularity, rolling as they are toward their fourth big year of consistently declining ridership. So sometimes there's room to stretch out, and nobody is currently proposing to police posture. Fare inspectors will not be making the rounds with tape measures and protractors to regulate men's spread and angle.

It's laissez-s'asseoir, tempered, ideally, by simple consideration. If your legs are akimbo and making contact with your neighbour's, just reel 'em in. And when the bus starts to fill up, the ratio of butts to seats occupied should be 1:1 at most. You might even consider standing.

And if you object to the way someone else is sitting on purely aesthetic grounds, welcome aboard public transit. You'll notice it's full of the public. Someone is guaranteed to occasionally offend your sense of hearing, smell or fashion. And you're probably going to offend someone else's.

Your Ottawa



Under the crystalline trees

Pedestrians pick their way carefully along Elgin Street on Sunday, past trees sheathed in ice. **SEAN MCKIBBON/METRO**

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Upcoming

Celebrating Ottawa's finest writers

The deadline for nominations for the Ottawa Book Awards and Prix du livre d'Ottawa is Monday. The awards recognize the top English and French books published in the previous year. Both awards have separate categories for fiction and non-fiction. Each shortlisted finalist receives \$1,000, and each winner receives a prize of \$7,500. Submissions must be in no later than 4 p.m. Rules and submission guidelines are at ottawa.ca/en/liviculture/ottawa-book-awards. **METRO**

Sir John A 200th Birthday Social

Ottawa's Monarchist League will celebrate the 200th birthday of Canada's first prime minister with a party Jan. 9 from 6 to 9 p.m. at the HMCS Bytown Wardroom Naval Officer Mess (78 Lisgar St.). Tickets are \$20 and available on eventbrite.ca. **METRO**

Getting an early start on that resolution ...

Run Ottawa invites the public to kick off the 2015 race season at the 33rd annual Richmond Road Races, presented by Bushtukah. A 5k and 10k race on Sunday will start and finish on McBean Road in front of South Carleton High School in Richmond. Entry fees are \$40 for adult Run Ottawa members and \$20 for those under 18. It's \$5 more for non-members. The longer race starts at 10 a.m., and the shorter one starts 10 minutes later. For more information, go to runottawa.ca. **METRO**

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

'Special' Gwyneth is tired of taking care of everybody else

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Clare feature interview.

The biggest revelation? It turns out we were all

just expecting too much from Paltrow, who really just needed some Me Time.

"I had built my life on trying to be all things to all people, and I just couldn't do it anymore," Paltrow tells the magazine.

"I really had the sense that I wasn't allowed to have needs, and I had to prove my specialness or

self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall."

I'd rather not kick off the year psychoanalyzing a mondo-sized case of perceived social martyrdom, so, instead, I'll just say, glad you're feeling better, Ms. Paltrow. You do you.

Bono's days as an air guitar player may be over

In a 2014 year-in-review post on his band's blog, Bono let slip that following his nasty bicycle accident in Central Park — leaving him with an arm broken in six places — his guitar-strumming days may be over.

"Recovery has been more difficult than I thought," he explains. "As I write this, it is not clear that I will ever play guitar again."

Call me a terrible person, but all this talk of Bono not playing guitar just makes me think of U2's 1987 video for With or Without You, which always

stuck out to me because, in it, Bono holds a guitar behind his back the whole time, ready to be whipped around and played, but he never, ever does.

I always wondered why he bothered bringing the guitar to the video shoot in the first place if he wasn't going to play it.

But, hey, at least he has plenty of practice at not playing guitar.

Bono



Former Third Rock alien secretly marries founder of a futuristic robot firm

It turns out that Inception star Joseph Gordon-Levitt is a master at stealth celebrity.

Not only has he had a serious girlfriend for quite some time, but they even went and got married when nobody was looking. Gordon-Levitt and Tasha McCauley were wed in a private ceremony at an L.A. home before Christmas.

Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots. A robotics company!



Joseph Gordon-Levitt

Feminist storm is brewing between Kaley and Leighton

We're kicking off the New Year with a continuing debate on what a feminist is and who wants to be one.

Awesome sauce! First up, Kaley Cuoco-Sweeting, responding to a Redbook query about whether she considers herself a feminist with, "Is it bad if I say no? I was never that feminist girl demanding equality, but maybe that's because I've

never really faced inequality." Perceptive, that.

But former Gossip Girl star Leighton Meester was posed the very same question during a radio interview and replied, "Yeah ... It's something that I think all people should say about themselves."

You hear that, Kaley? All people. You just going to sit there and take that?



Kaley Cuoco-Sweeting



Leighton Meester

Even the director admits Spider-Man 3 was 'awful'

Hey, remember that last Tobey Maguire Spider-Man movie back in 2007? With the extra villains? And the bizarre dance break?

Well, director Sam Raimi would be fine with you forgetting all about it.

"It's a movie that didn't work very well. I tried to make it work, but I didn't really believe in all the characters," he tells Chris Hardwick on the Nerdist podcast, describing Spider-Man 3 as an "awful" movie. "If the director doesn't love something, it's wrong of them to make it when so

many other people love it."

I wonder what he thinks of The Amazing Spider-Man 2.



Sam Raimi

2
SCENE

Revisit a decade of friendship in just one episode per season

Streaming. *Friends* is now on Netflix, and here are our choices for the best episode to watch from each of the show's 10 seasons

LISA WEIDENFELD
Metro in Boston

Friends is now at your fingertips, as Netflix released the entire series on Dec. 31. But where to start? Here are our picks for the top episodes, season by season.

Season 1: The first season is mostly appealing because of how adorably young everyone looks. We say, start things off with a bang, and go ahead and try the pilot.

Season 2: This is where the show really starts to hit its

stride. But if you have to pick just one classic, we say go with The One with the Prom Video, where Ross and Rachel first get together, thus embarking on one of television's most famous (if often mocked) relationships.

Season 3: Hope you enjoyed Ross and Rachel together! By the end of this season, they've already broken up, after the infamous "we were on a break" fight. Instead of diving into heartbreak, pick an episode from earlier in the season. Watch The One Where No One's Ready, which is a strong contender for best episode of the series.

Season 4: Although it's tempting to pick one of the later episodes, once Ross names the wrong woman at his wedding, we say watch The One with the Embryos, where Monica, Rachel, Chandler and Joey have a competition to see who knows each other better.

Season 5: Monica and Chandler start hooking up at the end of Season 4, but they maintain a secret relationship for a significant portion of Season 5. Which is why we particularly enjoy the episode when everyone catches them at it, called The One Where Everyone Finds Out.

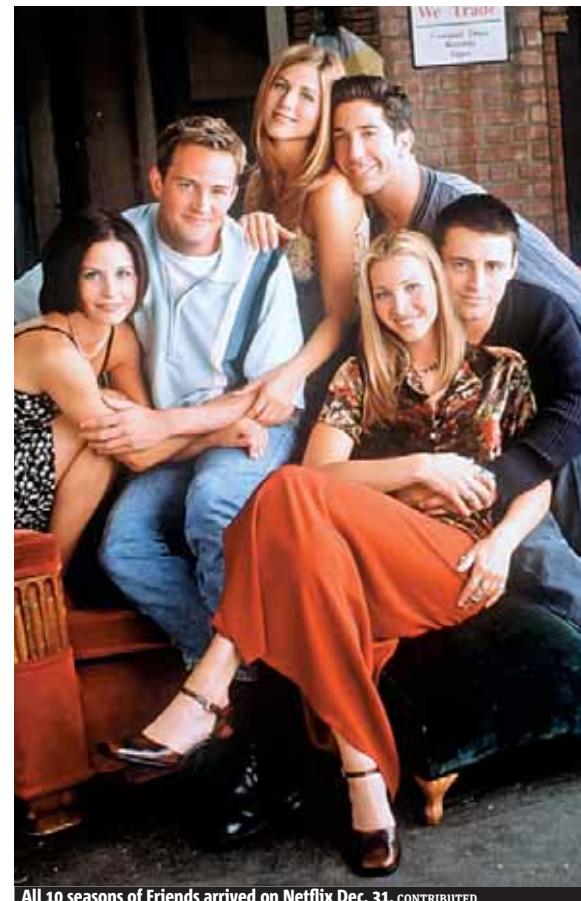
Season 6: This season builds to Chandler and Monica's engagement, but for true romance points, we prefer the double-header, The One That Could Have Been, about what would happen if various early plot points hadn't occurred.

Season 7: Remember Ben? Sometimes, it seemed like the show didn't, but every now and then the writers brought back Ross' son. In The One with the Holiday Armadillo, Ross decides to teach Ben about Hanukkah, but deciding to do so in costume last minute leaves him stuck dressing up as armadillo instead of Santa.

Season 8: Our pick for this season is a bit of a downer but, at the time, it was just plain funny. We're speaking, of course, of The One with the Rumor, which maybe didn't have the best gender politics, but milked quite a bit out of having Jennifer Aniston's then-husband, Brad Pitt, guest star.

Season 9: We're going to go with The One with Rachel's Other Sister, wherein Christina Applegate joins the gang's Thanksgiving festivities as Amy, Rachel's self-centred, bratty sister.

Season 10: You could watch the finale to wrap up your *Friends* binge-watch, but we instead recommend The One with Princess Consuela Banana Hammock, which is the last episode to really traffic in the goofy hijinks the show was known for. After that, it focuses on wrapping up everyone's story lines.



All 10 seasons of *Friends* arrived on Netflix Dec. 31. CONTRIBUTED

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Tackling tech in TV and film

Interview. Rapidly changing technology presents conundrums for series creators

On the twisty drama *The Good Wife*, oftentimes the most electrifying moments onscreen happen on another screen.

The past six seasons of the legal saga have indeed been fraught with more digital drama than a Sony email chain, with Julianna Margulies' titular lawyer near-constantly surfing a web of techno-emergencies.

Since the earliest episodes, the show's creators have endeavoured to nail the tech-dependent lives of lawyers, politicians and, well, pretty much everyone else. "It's hard to treat seriously shows that have a kind of an old view, like a 10-year-old view of social media," co-creator Robert King says. "We've always stuck with the idea of living in reality. The more real you make it, the better. And often these days, the bad news comes in the version of a text." And yet, correctly representing the degree to which many of us live lives within our phones is a vexing challenge. Representing it onscreen in a visually interest-



Julianna Margulies' Alicia Florrick faces a lot of tech troubles in *The Good Wife*. THE CANADIAN PRESS

ing way isn't easy, and getting even a couple of details wrong is an invitation to ridicule. But increasingly it seems that taking on that challenge is not a choice — with the alternative being to look woefully out-of-touch, a speed-dated artifact.

On *House of Cards*, Kevin Spacey's smug political puppeteer conducts much of his Machiavellian manoeuvring via BlackBerry, and typically those messages are reproduced in large font across the screen. It's not a visual method favoured by King. "We've gone the opposite way of shows like *House of Cards*. That stuff is seeming very cliché to me, where there's a little bubble that pops up on the screen," explained King.

"It's much better to be in the point of view of the character

finding the text. (We) see it actually through your character's eyes as they look down at their phone. We haven't done anything that I consider silly with little bubbles popping up on the screen."

In the series' second episode, Alicia found herself at a competitive disadvantage because — unlike younger competitor Cary Agos — she didn't yet possess a smartphone.

"Now, that seems insane," laughed King. "Now, if you go watch those episodes in the first season, they might seem a little dated about technology."

"It's just that technology's ability to change our lives is increasing with such dramatic speed. So each season of the show will feel a little bit like a time capsule." THE CANADIAN PRESS

Get a handle on your net worth

Fresh start. If you want to do things differently this year, it's time to tally up what you own — and what you owe



GAIL
VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Last year came and went faster than Usain Bolt. Whew! While a lot of people wrote and tweeted me to say they're finally taking control of their money, I also expect some lived like there would be no tomorrow and are now looking at a hot, stinky pile of, um, mess, that they now have to clean up.

If you just couldn't figure out how to make your money work in 2014, consider this your opportunity for a new start. It's time to take another kick at the can.

I'm a great one for making mistakes. I used to think I had to be perfect. Then I had kids and realized I'd never be perfect again, so I decided I'd better get used to just being pretty great.

I'm not afraid of making mistakes — or getting caught — anymore. Now I just say, "I'm sorry," and move on to the next step, having learned from my mistakes.

Of course, learning from mistakes means first acknowledging what a big screw-up you've been. Have you found yourself running out of money between pays? Wondering why the debt just will not go away no matter how hard you try? Always seem to be in overdraft? Want things to be different this year?

Take a snapshot of where you are right now so you have a benchmark for measuring how you're doing throughout the year. Say hello to your net worth, which is a look at what



If you made financial mistakes last year, take the opportunity now to begin anew. iSTOCK

you own minus what you owe to see how much you realio, trulio, have got.

Fanatics do a net worth statement as often as every month. But you should have a life, so doing a net worth update every six months or so should suffice.

There are several net worth calculators on the web. If you want to use the one at gailvazoxlade.com, look under Resources for the Net Worth Statement.

Don't try to skew the results in your favour. The point of the net worth statement is to give you a realistic picture of where you are now so you can measure your progress.

People routinely include their personal effects as an asset. Don't. These aren't very saleable and you're just deluding yourself if you assign your

things more value than you could ever realize from selling them. Ditto for collectibles unless you're in the biz. If you do believe you have something of value, have it appraised. Don't just guess.

One asset we like to push up the value on is our home. The house two blocks over just sold for \$1.7 million? Jeez, that puts you in a pretty good place.

But just remember, Ms. Happy-I-Own, unless you're planning to sell that home and move somewhere cheaper, those assets are going to be tied up for a long time. Don't get over-enthusiastic about real estate values, particularly in an up market. Feeling smug to the point of not building other assets, say for retirement, isn't the point of the net worth statement.

Having taken this snapshot, you're going to use it as your guide for moving forward. As long as you're paying down your debt and adding to your savings, your net worth will keep going in the right direction.

While the current value of

your pension plan is an asset, it can be challenging putting a present-day value on that future income. So for your net worth statement, include the amount you could withdraw if you changed jobs.

On the liabilities side of the equation, don't forget to include your overdraft (if you're in it), buy-now-pay-later purchases on which you still owe money (even if it isn't due yet), back taxes, money you've taken from your RRSP to buy a home or go to school, and (heaven forbid) pay-advance loans.

Having taken this snapshot, you're going to use it as your guide for moving forward. As long as you're paying down your debt and adding to your savings, your net worth will keep going in the right direction.

Don't forget the interest

- If you really want to be realistic about what you owe, you will also include the interest costs associated with your liabilities.
- If, for example, you have a car loan for \$24,000 over 72 months at five per cent interest, you should add that \$3,800 in interest to your liabilities. There are loan calculators on the Internet to help you do this.

Tracking your net worth will also help you see how you're progressing toward your goals.

Trying to build up a down payment for a home? Want to take full advantage of the Canada Education Savings Grants for your kids? Setting a goal for what you want to accomplish will make it much more likely to happen. Using your net worth statement to track your progress keeps the goal front and centre in your decision-making.

A net worth statement is also invaluable when it comes to things like deciding how much insurance will be enough or estimating your retirement income as you close in on D-day. As for checking your progress, as long as your current liabilities are covered by your current assets, you've got a good base from which to build.

Owe more than you own? Don't become disheartened. The point is to make a plan for changing what you're doing so your next net worth update shows progress. Do nothing different and you can expect to be no further ahead the next time the calendar clicks over.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO Mymoneymychoices.com AND FOLLOW THE ROADMAP TO SUCCESS.

Hard living. Thousands apply for paintball-testing position

Some 10,000 people from around the world have applied to be shot at as a paintball bullet tester, according to the British company posting the job advertisement.

UKPaintball, which has more than 60 paintballing venues in Britain, said it was stunned by the response to its search for a "human bullet impact tester."

Candidates from not just

Britain, but as far away as Canada, the U.S. and India have applied for the \$72,000 a year job testing the impact of paintballs. "This incredible response is the last thing we expected when we posted the advert," said UKPaintball owner Justin Toohig. "We couldn't have predicted that so many people in the U.K. and beyond would want to get shot for a living." **AFP**

Nutrition

Obesity doesn't always mean poor health: Study

U.S. scientists encouraged 20 obese people to eat extra fast food for several months, and found that about a quarter stayed in good health despite the additional pounds they gained. Subjects were encouraged to eat 1,000 extra calories per day. **AFP**



Got a thick skin? You could make a living as a paintball tester. **ARIEL BRAVY**

3
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Make your Facebook profile ready for the clicks of any creeping colleague

Career. Sweep up your social media presence by taking these tips into consideration

LAUREN MARINIGH
TalentEgg.ca

You have heard it time and time again: be aware of what you're posting on Facebook, because once it's out there, there is no turning back.

Employers are becoming more and more socially active, so doing a social media screening before even contacting you for an interview is now standard practice.

How do you make sure that your Facebook profile is job-hunt ready? Here are some tips.

Delete

Start with the obvious: delete everything off your Facebook profile you wouldn't want an employer to see.

Photos are the best place to start. While they may remain in Google search results for a while, getting unprofessional photos off your profile stops them from going any further.

Go through all your albums, notes and pages that you have liked as well. Make sure to remove anything you wouldn't want people outside your friend circle to stumble upon.

Also go through your friends and see who has tagged you in photos that you no longer want to be



Limit what content future employers may find by cleaning up your Facebook profile to feature only those people you associate with regularly. iSTOCK

posted, request they take them down, and un-tag yourself.

Un-friend

Go through the list of connections you've collected over the years on Facebook. Un-friend anyone that may make you look bad.

Just because your profile may be closed and private,

that doesn't mean theirs is.

A good rule of thumb to start cleaning your friend list out: think about the last time you talked to them. If you can't remember when, where or why, it's probably time to go.

Update your privacy settings

Leaving privacy settings on

"default" will likely open your Facebook profile to the outside world.

Go through each setting within your privacy settings and make sure they are set to the appropriate setting.

Make sure that non-friends only have access to information you want to share.

Double-check your pri-

Think first, post later

Although it's impossible to go back and tell yourself not to post something, you can exercise some caution moving forward.

- Think about your goals as a job-seeker or professional before you post anything. This includes photos, wall posts on friends' walls, statuses, etc.
- If you wouldn't want an employer to read it, don't post it.
- Set up your timeline and tagging settings so that you will have to approve anything you are posted in before it goes up on your profile.

vacy settings each time you post, as some posts can default to appearing to all users, not just your network.

With Facebook's constant updates, it's hard to keep track of how these settings may change.

Keeping your Facebook profile clear of anything that may halt a hiring manager is key to career success.

Don't ignore it and hope no one checks — you may be forgetting something that you posted years ago.

Always give your Facebook profile a regular scan through, and update.

Make it a regular part of curating your online presence.

We love our web

Email, Internet remain top workplace tools: study

Americans see email and the Internet as the most important tools for productivity at work, and still prefer landlines over cellphones for the office, a study showed Tuesday.

The Pew Research Center found 61 per cent of those surveyed cited email as "very important" for their jobs and 54 per cent said the same for the Internet.

The figures were even higher for office-based workers.

More than one in three surveyed said the landline phone was an important tool for work, compared with 24 per cent for a mobile or smartphone.

And despite the rise of social networks like Facebook and Twitter, just four per cent in the survey said these platforms were important for the workplace.

"Email is to the digital age what stone-sharpening tools were in the prehistoric age," said Lee Rainie, director of Internet, science, and technology research at the Pew Center.

"Email has proven its worth on the job as the foundational 'social media' day by day even as rival technologies arise.

"It was the killer app 45 years ago for the early Arpanet and it continues to rule workplaces despite threats like spam and phishing and competitors like social networking and texting."



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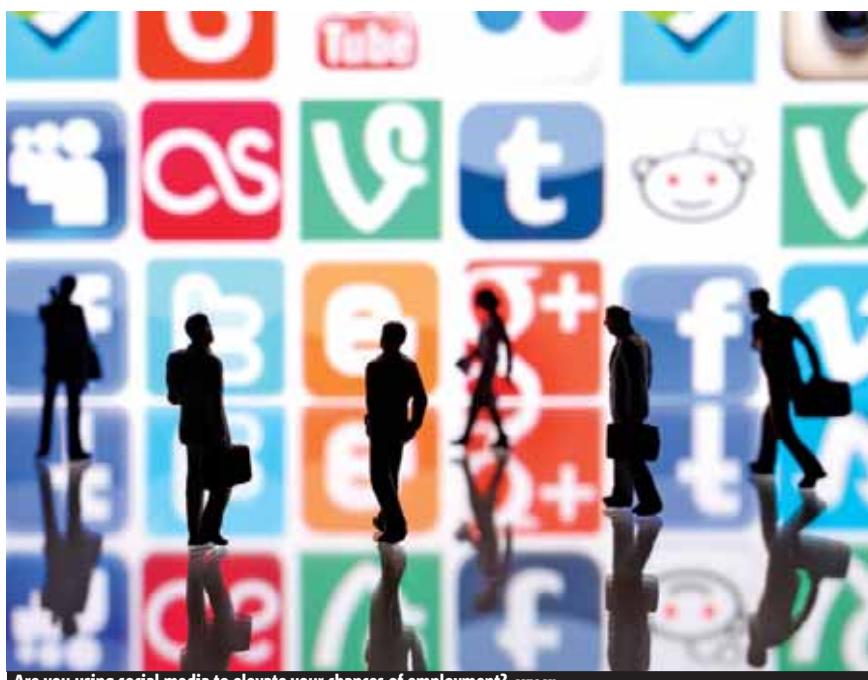
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Are you using social media to elevate your chances of employment? iSTOCK

Harnessing the potential in an online presence

Career. Learn to leverage social media and take your career to the next level

MARIANNE HAYES
Metro in New York City

These days, it's hard to find someone who isn't on social media. It comes as no surprise that one 2014 Pew study found that 74 per cent of online adults use social networking sites. But are you leveraging social media to take your career to the next level?

According to a recent Jobvite survey of nearly 2,000 recruiters, more than half said they'd reconsidered a candidate based on their social profile. What's more, 94 per cent use LinkedIn to recruit new employees. This begs the question: How can you utilize social media to land the job of your dreams?

Here to weigh in is Caity Kauffman, social media and digital marketing manager for the Tampa Bay Lightning. At 25, Kauffman is living proof that understanding social media pays off. In fact, she used connections made on Twitter to secure her first job out of college. Since then, she's cultivated a loyal social media following and is considered an up-and-coming millennial voice in Tampa Bay.

Here are a handful of Kauffman's most valuable tips for

Be searchable

According to Kauffman, a lot of students new to the job force hide from Google. She actually suggests doing the exact opposite.

- "If I'm trying to look up a possible intern and I can't find them, that makes it look like they either haven't done anything or they're hiding something," she says.
- Instead, be open to being searchable. Creating a basic website can be an excellent way of getting your name to rank in Google. It also pulls double duty by showcasing your talents and skills. In short, when potential employers Google you, you want good things to pop up.

upping your career through social media.

Tweet your résumé

It may sound a little out there, but tweeting your résumé can be a great way to get exposure. For Kauffman, doing this actually led to a job producing a Sirius XM radio show. (Thanks to a retweet.)

"I actually gave the same advice to a girlfriend in Philadelphia," says Kauffman. "She tweeted out her résumé and an ad agency found her and hired her as a junior copywriter."

Creating an online portfolio of your work is another little thing that can have a big impact. It's also easy to promote on social media and paints a more complete picture of your skill set, especially since a résumé is typically only one page long.

Reach out to new contacts (without being creepy)

Got your eye on a potential new contact you're itching to connect with? The last thing you want to do is come on too strong, which can spoil the relationship before it even begins.

Instead, Kauffman advises starting off slowly. Begin by following the person on social media, gradually commenting and retweeting wherever you can. This opens the door for some interaction.

"Engage with them naturally as if they have nothing to offer you," says Kauffman. "Once they start tweeting back and you have a couple of back-and-forths, I would send them a DM or email if possible."

The worst thing you can do at this point is ask them how they can help you. Instead, just ask them to grab coffee so that you can learn from their experience. In other words: Don't treat them like a stepladder. If you're eager and motivated, Kauffman says, most people will want to help you. So focus on building relationships slowly before you start asking for favours.

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Shaking up Middle Eastern street food

Chicken Shawarma.

This fast food can be made a bit healthier in your kitchen



ROSE REISMAN
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Traditional shawarma, a Middle Eastern delicacy, consists of a meat such as lamb, chicken, beef or veal placed on a spit and grilled for as long as a day. The meat is shaved off as needed for sandwiches or wraps, dipped back in the fat drippings and often served with tahini or hummus.

It's delicious, but often high in calories and fat due to the skin and fat drip-

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

Sauce

- 3/4 cup store-bought or home-made hummus
- 1 1/2 tbsp lemon juice
- 2 tbsp low-fat sour cream
- 1 tsp finely chopped garlic
- Pinch of salt and pepper

Chicken

- 12 oz skinless boneless chicken breasts (about 3 breasts)
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups sliced onion

Pitas

- 4 large pitas
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 1/4 cup chopped cilantro



This recipe makes eight half pitas. ROSE REISMAN

pings being consumed.

Try my version served in a pita and made with lean chicken breast.

Directions

1. Combine the hummus, lemon juice, sour cream, garlic, salt and pepper in a small bowl. Set aside.

2. Place the chicken between 2 pieces of waxed paper, pound it flat and cut into thin strips. Coat the chicken strips with the flour. Lightly coat a non-stick skillet with cooking spray and set over medium-high heat. Add the oil and onion and sauté for 5 minutes or just until browned. Add the chicken and sauté for 10 minutes, stirring constantly, until the chicken is no longer pink. Respray the pan if necessary.

3. Slice each pita in half. Divide the chicken and onion mixture among the

TOTAL TIME
ABOUT 30 MINUTES

Nutritional information

Per serving (1/2 pita): 212 calories, 25 g carbohydrates, 3.8 g fibre, 14 g protein, 6.7

g total fat, 1.3 saturated fat, 25 mg cholesterol, 240 mg sodium

half-pitas. Sprinkle with tomatoes, cucumber and cilantro and spoon the hummus sauce over the pitas.

Hearty poutine with your health in mind

Ingredients

Potatoes

- 3 baking potatoes, scrubbed
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 1/4 tsp chili powder
- 6 oz diced boneless skinless chicken breasts diced (about 1 1/2 single breasts)
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil

- 3/4 cup chopped onion
- 1/2 cup corn
- 1 tsp finely chopped garlic
- 3/4 cup canned black beans, drained and rinsed
- 1 1/4 cup tomato sauce
- 1/3 cup low-sodium chicken stock
- 1 1/2 tsp chili powder
- 1 tsp seeded and finely chopped jalapeño pepper
- Pinch of salt and pepper
- 1/2 cup grated mozzarella cheese

1. Preheat oven to 425 F. Lightly coat a rimmed baking sheet with cooking spray.
2. Cut each potato lengthwise into 8 wedges. Place on prepared baking sheet. Combine oil, garlic powder, Parmesan cheese and chili powder. Brush the potato wedges on both sides with the mixture. Bake in the middle of the oven for 20-25 minutes or just until tender and browned.
3. While potatoes are baking prepare chili. Place chicken

- and flour in bowl and toss to coat. Lightly coat nonstick saucepan with cooking spray, add 1 tsp vegetable oil and set over medium heat. Sauté chicken 5 minutes or until it is lightly browned and cooked through.
4. Respray same saucepan, add remaining vegetable oil and set over medium heat. Add onion, corn and garlic and cook until corn is lightly browned, approx. 5 minutes.
5. Stir in beans, tomato sauce, stock, chili powder, jalapeño pepper and salt and pepper. Bring to a boil, reduce the heat and cover. Simmer 10 minutes



This Baked Potato Poutine recipe skips the gravy and serves six. ROSE REISMAN

uncovered. Add diced chicken. **6.** Divide over potato wedges; add cheese. ROSE REISMAN

Stuart Scott

ESPN personality dies of cancer

Stuart Scott, the Sports-Center anchor and ESPN personality known for his enthusiasm and ubiquity, died Sunday. He was 49.

Scott had fought cancer since a diagnosis in late 2007, the network said, but remained dedicated to his craft even as he underwent chemotherapy, radiation and surgery.

ESPN President John Skipper said in a statement that Scott was "a true friend and a uniquely inspirational figure" and that his "energetic and unwavering devotion to his family and to his work while fighting the battle of his life left us in awe, and he leaves a void that can never be replaced."

THE ASSOCIATED PRESS

NBA

Cavs add to injuries in loss to Mavs

While the wins keep piling up for the Dallas Mavericks, all the Cavaliers keep adding are injuries.

Monta Ellis scored 20 points, Dirk Nowitzki added 15 and the Mavericks won their fifth straight game Sunday, a 109-90 victory over the Cavaliers, whose news on the injury front gets worse by the day.

Cleveland again played without LeBron James, who is out with knee and back soreness. Kyrie Irving left in the third quarter with lower back tightness and won't make the trip to Philadelphia for Monday night's game.

THE ASSOCIATED PRESS

UFC

Jones: Change in program to spur improvement

The best fighter in mixed martial arts is about to get better.

Fresh from dispatching former Olympic wrestler Daniel (DC) Cormier via unanimous decision at UFC 182, light-heavyweight Jon (Bones) Jones said living year-round in his training base of Albuquerque, N.M., will take him to the next level.

Next up will be either Alexander (The Mauler) Gustafsson or Anthony (Rumble) Johnson, who meet Jan. 24 in Stockholm.

THE CANADIAN PRESS



Colts quarterback Andrew Luck throws a touchdown pass despite being hauled down by the Bengals' Carlos Dunlap in Indianapolis on Sunday. ANDY LYONS/GETTY IMAGES

Colts have Luck, Bengals have curse

NFL playoffs. Indy beats Cincy to set up clash vs. Denver in divisional round

26-10 and into the divisional playoff round.

"The one magical play was when Andrew was at his finest," said coach Chuck Pagano, whose team heads to Denver next Sunday. "He's a maestro. He's unbelievable back there."

Luck went 31 of 44 for 376 yards with his lone TD pass to Donte Moncrief. For Cincinnati, a bedeviling post-season curse continued.

The Bengals (10-6-1) became the first team in NFL history to lose four consecutive opening-round games. Dalton tied Warren Moon for the most consecutive opening-round playoff

Divisional playoff round

- Baltimore at New England, Saturday, 4:35 p.m.
- Carolina at Seattle, Saturday, 8:15 p.m.
- Dallas at Green Bay, Sunday, 1:05 p.m.
- Indianapolis at Denver, Sunday, 4:40 p.m.

losses by a quarterback, dropping to 0-4 all-time.

Coach Marvin Lewis tied

Marty Schottenheimer, Jim Mora and Steven Owen for most consecutive playoff losses (six) by a coach. Lewis also tied Mora, the former Colts coach, for most consecutive playoff losses to start a career, and tied Owen for most consecutive playoff losses with one team.

They haven't won a playoff game since January 1991.

"It's kind of like missing a field goal that you should have hit," Cincinnati kicker Mike Nugent said after setting a franchise record late in the first half with a 57-yard field goal that got the Bengals within 13-10. THE ASSOCIATED PRESS



Tony Romo and the Cowboys held on for a win over the Lions. GETTY IMAGES

Romo leads Cowboys in taming Lions

Tony Romo has a stirring playoff comeback to go with all the late-season disappointments.

Romo threw two touchdown passes to Terrance Williams, the second for the lead late in the fourth quarter, and the Dallas Cowboys rallied for a 24-20 wild-card win over Detroit on Sunday in their first playoff game in five years.

The Cowboys (12-5) wiped out an early two-touchdown deficit to earn a trip to Green Bay, their first post-season visit there since a heartbreaking loss to the Packers in the Ice Bowl in 1967.

The Lions (11-6) went 99 yards for one of two first-quarter touchdowns, but Matthew Stafford couldn't get them in

the end zone again. He fell to 0-2 in the playoffs three years after losing a wild-card game to New Orleans.

On the winning drive, Romo took the Cowboys 59 yards in 11 plays, including a 21-yard pass to Jason Witten on fourth-and-six. The winner to Williams was an eight-yarder. THE ASSOCIATED PRESS

4
SPORTS



The Lightning's Brett Connolly fights through checks from Senators Mark Stone, left, and Kyle Turris during Tampa Bay's 4-2 win on Sunday night at Canadian Tire Centre. SEAN KILPATRICK/THE CANADIAN PRESS

NHL. Short-handed Sens dropped by Tampa Bay

Tyler Johnson had two goals and Nikita Kucherov had two assists Sunday to lead the Tampa Bay Lightning to a 4-2 win over the Ottawa Senators.

The Lightning took a 3-2 lead into the third period and increased that to 4-2 at the 7:58 mark on Johnson's second goal of the game, just three seconds after Chris Phillips emerged from the penalty box to put an end to the Lightning power play.

The Senators played out the game shorthanded as their captain Erik Karlsson took a double minor in the dying minutes for hooking and then unsportsmanlike conduct.

The Lightning (25-12-4) also got goals from Victor Hedman, who also had an assist, and Steven Stamkos. Ben Bishop made 20 saves and

On Sunday

4

Lightning

2

Senators

improved to 6-0-2 against his former team.

Ottawa (16-15-7) got a goal and an assist from Kyle Turris, along with another goal from Mark Stone, but saw its two-game winning streak come to an end. Robin Lehner made 26 saves.

The Senators would have been hard pressed to get a better start than they did Sunday when Turris scored just 32 seconds into the first period. **THE CANADIAN PRESS**

No pity from Petan as Canada tops Slovakia

World juniors. Delta, B.C., forward's three-goal display helps send hosts into gold-medal clash with rival Russia

Canada didn't roll over Slovakia, and that might be the best thing to happen to this team at the world junior championship.

Facing adversity and nervous tension for the first time all tournament, Canada gutted through a tough game and eventually pulled away for a 5-1 on Sunday night in Toronto. Russia awaits in the gold-medal game.

During the third period, chants of "We want Russia" and "We want gold" echoed through Air Canada Centre. The rivalry with Russia gets another chapter Monday night.

"It's the best thing for all of the hockey community, for business," Russian coach Valeri Bragin said. "Russia-Canada: hockey classic."

Stopped at many turns by Slovak goaltender Denis Godla, Canada may be better-prepared for Russia than it would have been had it won easily. Canada hasn't trailed in any of its games and took an easy road through Denmark to reach the semifinals.



Nic Petan scores his second-period goal on Slovakia goalie Denis Godla during Canada's 5-1 win on Sunday night in Toronto. Petan scored in each period, completing the hat trick. **FRANK GUNN/THE CANADIAN PRESS**

Semifinals

5

Canada

1

Slovakia

- Patriotic games. The IIHF

said Hockey Canada is responsible for world junior ticket prices.

- Tickets for group stage games in Montreal started at \$71 and ranged to \$336 for the New Year's Eve game between Canada and

the United States, which drew 18,295 fans to the 21,273-capacity arena.

- IIHF president Rene Fasel said if those prices were in place for a tournament in Europe, there would be nobody in the arena.

to ensure the end of Canada's world junior medal drought that dated back to 2012. **THE CANADIAN PRESS**



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instructions
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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you get in a fight with someone who is bigger or better connected than you, you will undoubtedly lose, so back off.

♉ Taurus

April 21 - May 20

You don't have to apologize for something you said that rubbed a friend or relative the wrong way. They've said plenty of things which you chose not to make an issue of.

♊ Gemini

May 22 - June 21

The more you worry about a money problem the more power you give it, so put it out of your mind and focus on something more positive.

♋ Cancer

June 22 - July 23

It's unlikely you will be feeling your best today but that's OK because friends and family will go out of their way to cheer you up.

♌ Leo

July 24 - Aug. 23

If you think you have to come first or be best at everything you may end up exhausted. The important thing is not the winning but the taking part.

♍ Virgo

Aug. 24 - Sept. 23

If you stand against the winds of change you will almost certainly be blown away. So why not work with them instead? Don't resist when fate nudges you, or throws you, in a new direction.

♎ Libra

Sept. 24 - Oct. 23

There are so many changes taking place now that you may feel a bit insecure. That is not an excuse to start feeling sorry for yourself. Step up and show your leadership qualities.

♏ Scorpio

Oct. 24 - Nov. 22

Keep things simple, especially if you are on the move. Travel and social plans could easily go wrong, so give yourself plenty of time.

♐ Sagittarius

Nov. 23 - Dec. 21

You will have to loosen your hold on something you cherish. It may be painful to begin with but it won't be long before you feel a real sense of freedom.

♑ Capricorn

Dec. 22 - Jan. 20

Chances are you won't be at your best as the week begins. The good news is you will go to the other extreme midweek and have the time of your life.

♒ Aquarius

Jan. 21 - Feb. 19

Do something exciting over the next 24 hours, something that makes you smile even if it may take a little more effort than usual.

♓ Pisces

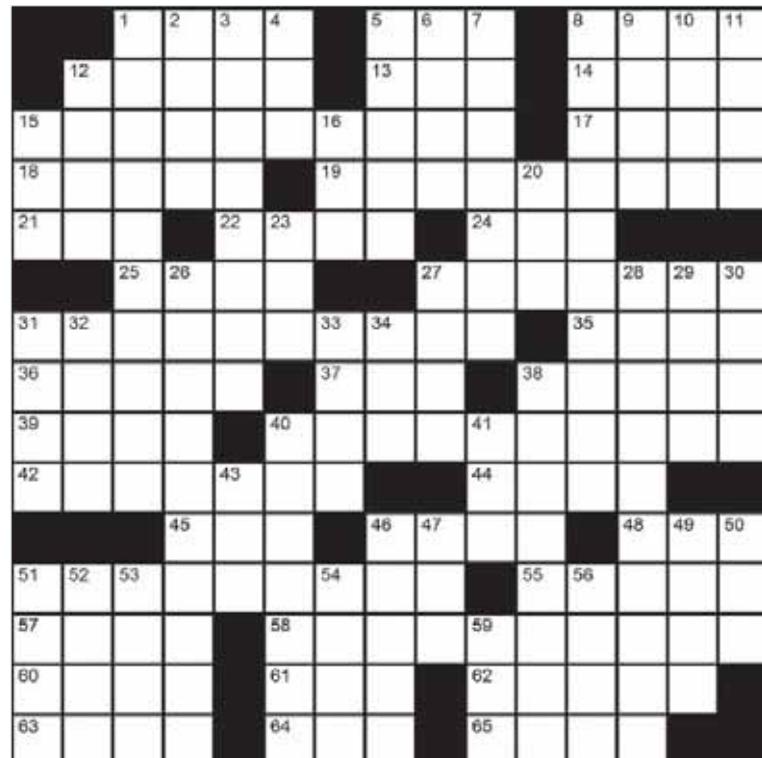
Feb. 20 - March 20

Certain things in your world are changing and there is nothing you can do to stop it. Be positive and believe that what happens is for the best, for you and for everyone.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Intend to
5. Play—
8. Go— (Fun racer)
12. Mr. Sagan's
13. Journey's “__ Way You Want It”
14. Sailor's sheltered side
15. William Shakespeare: 3 wds.
17. Sisters
18. Ready to swing in baseball: 2 wds.
19. Crosswords: 2 wds.
21. Salon product
22. Abner, et al.
24. My friend (English) = __ ami (French)
25. Diet suffix
27. Steven of CBC's “Steven and Chris”
31. Country in Central Asia where Tashkent is the capital
35. Quasi
36. Awaken
37. Cereal grass
38. Yarn bundle
39. Research facil.
40. Toronto team that won the Stanley Cup in 1914
42. Remove the cuffs: 2 wds.
44. Cardinal point
45. Getaway
46. Ginger cookie
48. Spinning stat.
51. Grow operation plant
55. Not __ out of place
57. Excited
58. Strappy shoes
60. ZZ Top song of 1975
61. Antiquity
62. Outlandish occurrence
63. Fire up
64. John of “Touched by an Angel”
65. Salts, in a Montreal restaurant

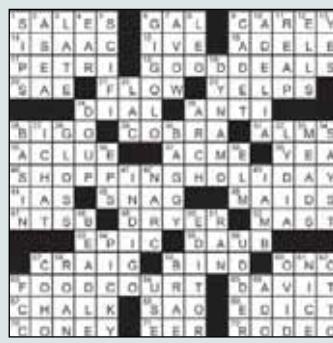


Down

1. Parliament Hill: Sculpture of Queen Victoria in the Senate Chamber: 2 wds.
2. Earth goddess in
5. Swiss Alps city
6. Due __ before... (Submission info)
7. Chris of CBC's “Steven and Chris”
8. Alberta: __ Country (Nicknamed K-Country, scenic area is just west of Calgary)
9. Reunion attendee
10. Actor Mr. Auberon

11. D'Urbervilles heroine
12. Ms. Blanchett
15. Purse
16. Pointy tool
20. Chewed gum shape
23. Pierre's 'here'
26. Practice run in aviation: 2 wds.
27. Fill
28. Hoofed animal prints: 2 wds.
29. Leave out
30. Breaks a commandment
31. Mr. Geller's
32. 'In the __': 2003 Britney Spears album
33. Exclusive
34. Sigma's alphabetic follower
38. Like the stuff at #5-Across [var. sp.]
40. Perplexed
41. GBS part (Canadian band)
43. Pre-1947 British rule in India
46. Sneering
47. Grandma
49. Medieval weapon
50. Married title
51. Multiplication, e.g.
52. Chill
53. Santa __, California
54. “__ McNeal”
56. Cart along
59. President after Richard Nixon ...his initials-sharers

Boxing Day's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Boxing Day's Sudoku

5	1	9	6	4	2	3	7	8
4	2	7	8	1	3	6	5	9
3	8	6	5	7	9	4	1	2
1	9	5	3	6	4	8	2	7
7	4	8	1	2	5	9	6	3
2	6	3	9	8	7	5	4	1
6	5	1	7	9	8	2	3	4
9	7	4	2	3	6	1	8	5
8	3	2	4	5	1	7	9	6

4		6		9
2	1			3
9		5	2	8
	5			1
6	2		9	8
	7		2	
		2	9	7
1		8	5	6
	2		7	

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